

ABSTRACT

5       The present invention provides a carbon heating  
element having an arbitrary specific resistance and an  
arbitrary shape which are arbitrary necessary as a  
heating element, and a method of producing the same. The  
carbon heating element is obtained by uniformly  
dispersing one or at least two metal or metalloid  
compounds into a composition having shapability and  
10       showing a high yield of a carbon residue after firing,  
shaping the dispersed material-containing mixture thus  
obtained, and firing the shaped material under a  
nonoxidizing atmosphere.